

Lunch-N-Learns

Programs begin at 11:45 a.m. in Shelby Center Room 301



[Eat Well - Live Well](#)

Thursday, February 28

The majority of illnesses and chronic diseases that are currently so prevalent in America are largely preventable – and in some cases, fully reversible – simply by eating the right foods. This session will inspire you to focus on the five basic tenets for making healthy food choices.



[Ready, Set Relax](#)

Tuesday, May 14

Many of us are living in a constant state of stress. The cost of this stress on your health, finances, relationships and work are extraordinary. During this session we will learn a number of simple mental and physical relaxation techniques that will help you gain perspective and maintain your mental, physical and financial well-being.



[Digital Detox](#)

Wednesday, September 25

We live in a digital world. In this session, we will explore how the digital world impacts our physical and mental health and learn the benefits and strategies for creating healthy boundaries with technology.



[The Science of Happiness](#)

October - TBA

Research shows that happy people feel better, do better and live better. In this session, we will explore the history and research behind the concept of happiness and how it relates to various facets of your life. We will explore the intentional activities you can do to increase your life satisfaction and fulfillment.

Click the seminar title above to register!

[Click here](#) to view the 2019 American Behavioral Webinar Series.

Bring your lunch. Desserts and drinks to be provided.